

## **VI. Recommendations**

One major problem in Macao that cannot be ignored is the increased use of cigarettes by young people, which will have long-term negative effects to the health care system in Macao. A small decline in smoking prevalence among youth could have a significant beneficial public health impact in reducing the number of adult smokers and consequently reducing morbidity and mortality caused by smoking related diseases in the future. Therefore, stronger intervention programs for community as well as adolescents and school-aged children should be established:

- Reducing exposure to environmental tobacco smoke through stronger anti-smoking legislation, there is an urgent need to extending the ban on smoking to more public places;
- Reducing youth access to tobacco products through enforcing the legislation effectively for banning sale of tobacco products to persons under age 18, increasing tobacco taxes, and prohibiting the sale of cigarettes in vending machines, mail order or the internet;
- Reducing adolescents exposure to misleading and faulty tobacco industry advertisements through banning tobacco use advertisement and all forms of tobacco promotion, such as cultural events, and offering cigarettes to minors.
- Strengthening information, education and communication campaigns on the health effects of tobacco in all settings, e.g. schools, community and workplaces.
- Strengthening smoking cessation program in schools and making cessation programs more accessible to everyone who wish to quit.
- Continuing monitoring tobacco use and other risk behaviors in youth and among the population.

It is recommended that this study should be conducted at regular time intervals to become a surveillance system and function as an evaluation tool for current and future smoking prevention programs and reach the requirement of Framework Convention on Tobacco Control (FCTC).